



Aquatic Schedule updated 1/29/2026

CURRENT 2026 hours starting 1/31/26

MONDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:20AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim			Rec Swim		
10:00-11:00 AM	CLOSED					
11:00-12:00 PM						
12:00-8:00 PM	Lap Lane Swim			Rec Swim		

TUESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim			Rec Swim		
10:00 - 11:00 AM	Closed					
11:00- 12:00 PM						
12:00-1:00 PM	Lap Lane Swim			Rec Swim		
1:00-1:45 PM	Lap Lane Swim			Aquacise		
1:45-4:00 PM	Lap Lane Swim			Rec Swim		
4:00-5:00 PM	Lap Lane Swim			Rec Swim		
5:00-6:00 PM	Lap Lane Swim			YMCA Programming		
6:00-7:00 PM	Lap Lane Swim			Aqua Wipeout		
7:00-8:00 PM	Lap Lane Swim			Rec Swim		

WEDNESDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:15 - 10:00 AM	Aqua Stretch & Deep End Swim					
10:00-11:00 AM	CLOSED					
11:00-12:00 PM						
12:00-8:00 PM	Lap Lane Swim			Rec Swim		

THURSDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:20AM	Lap Lane Swim					
8:30-9:15 AM	Aquacise & Deep End Swim					
9:30-10:00 AM	Lap Lane Swim			Rec Swim		
10:00-11:00 AM	Closed					
11:00-12:00 PM						
12:00 - 1:00 PM	Lap Lane Swim			Rec Swim		
1:00-2:00 PM				Aquacise		
2:00 - 3:00 PM				Rec Swim		
3:00 - 4:00 PM				Rec Swim		
4:00 - 5:00 PM				Rec Swim		
5:00-6:00 PM	Lap Lane Swim			YMCA Programming		
6:00-7:00 PM	Lap Lane Swim			Aqua Wipeout		
7:00-8:00 PM	Lap Lane Swim			Rec Swim		

FRIDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
5:50-8:30 AM	Lap Lane Swim					
8:30 - 9:15 AM	Aquacise & Deep End Swim					
9:15 - 10:00 AM	Lap Lane Swim			Rec Swim		
10:00-11:00 AM	Closed					
11:00 - 12:00 PM						
12:00-8:00 PM	Lap Lane Swim			Rec Swim		

SATURDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
8:00 AM-4:00 PM	Lap Lane Swim			Rec Swim		

SUNDAY	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
1:00 PM-4:00 PM	Lap Lane Swim			Rec Swim		

Youth Group Swim Lessons: Tuesdays and Thursdays 5:00pm to 6:15pm

High School/Middle School Swim Team Meets listed below

SCHEDULED SWIM MEETS will return in the summertime.

	Closed
	Recreational Swim
	Lap Lane Swim
	Summer Camp Kids Swim
	Aqua classes/Deep End Swimming only
	YMCA programming only
Athens-McMinn Family YMCA 423.745.4904	

AQUATICS AGE GUIDELINES

Children **0-5 years old** must have a parent/guardian in the water.

Children **6-10 years old** must have a parent/guardian in the pool area.
****NO Lifejackets (any age) in the Deep End****

Children **11 years old** who pass the swim test may use the pool if a parent/guardian is physically at the YMCA. 12 year old facility age policy applies to member kids.